**English Friday (Upper Hall)**

**Date: 6/12/2024**

**Time: 8:00 am – 8:40 am**

**Venue: Upper Hall**

**Teachers: Ms. Peng (NET), Mr. Lam, Mr. Kan, Mr. Lau**

**Theme: Embracing Life and Living Proactively: Growth Mindset**

**Highlights:**

The theme of the week, "Embracing Life and Living Proactively", centres on the concept of a Growth Mindset, which emphasises

 the belief that individuals can achieve difficult tasks through effort and resilience. This week's theme encourages students to adopt a proactive approach to life, helping them face challenges with confidence. The presentation introduces a famous quote by Thomas Fuller, inspiring students to maintain a positive outlook even in the face of adversity. Students were invited to come on stage to demonstrate the concept of a Growth Mindset through a little role play, showcasing how they navigate common challenges they face today, such as academic pressures and social dynamics. This interactive element fostered a supportive environment for peer learning as students shared their challenges and the strategies they used to overcome them. By understanding and embracing a Growth Mindset, students can cultivate resilience and adaptability, equipping them with the tools needed to navigate life's obstacles effectively. Overall, this initiative promotes the idea that challenges are opportunities for growth and learning.